



Make the most of your Best

Presented by Bobbe Sommer, Ph.D

- Learn the s-m-a-r-t way to set and achieve your goals
- Learn how optimistic and pessimistic thinking shape and dictate your behaviors
- Find how your self-fulfilling prophecy works to aid or derail your career
- See why habits die slowly and how to jumpstart your habit changing behavior
- Discover how your anticipations and expectations affect your goal seeking



Bobbe Sommer is a dynamic and popular international speaker, seminar leader, leading psychologist, author and consultant. She brings wit, warmth and wisdom to her popular keynotes and seminar presentations. Her speaking and consulting experience spans more than 20 years and four continents. She has been featured on Oprah and Dr. Phil. Her humorous, high-content programs entertain, educate and inspire audiences to free themselves from self-imposed limits and attain new levels of productivity and creativity.

Non-members are welcome

October 27, 2009
11:45 am to 1:00 pm

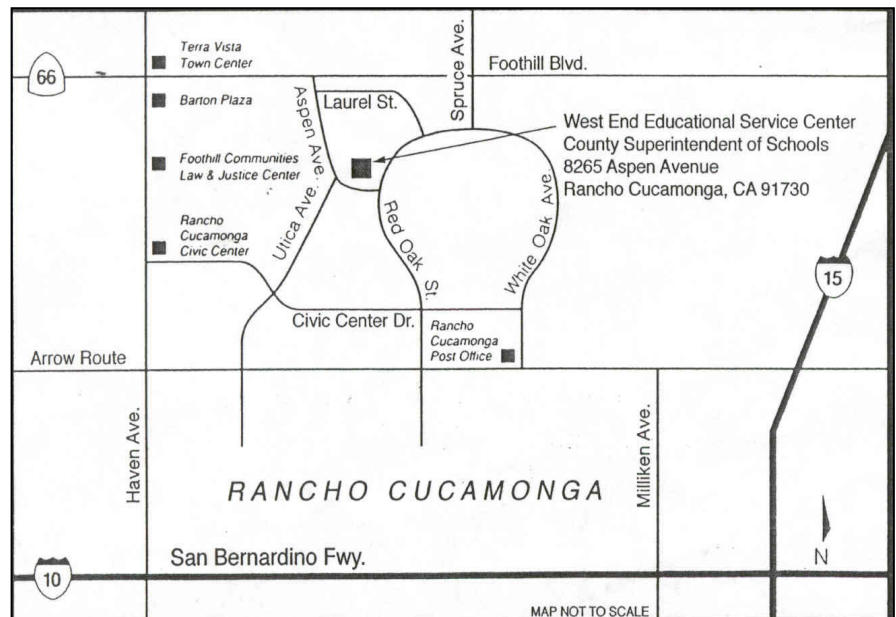
Bring your own lunch

West End Educational Service Center - 8265 Aspen Avenue, Rancho Cucamonga

To guarantee enough seating please register for this meeting by Friday, October 23.

Thanksgiving Food Drive

CWN, in association with employees of the West End San Bernardino County Superintendent of Schools office, will participate in a food drive to benefit low-income Special Education/Alternative Education students. Please bring non-perishable food items, such as canned vegetables, and dry foods (mashed potato mix, stuffing mix, rice, Jello, cake mix, etc). SBCSS also collects donations of new books for students, ages preschool to 22, to distribute with the Thanksgiving basket donations.



Register at one of our electronic registration sites:

Intranet: <http://countyline/> or Internet: <http://www.sbcounty.gov/cwn/>

For questions, please e-mail dmcgovern@courts.sbcounty.gov
or call Denise McGovern at (909) 382-3523